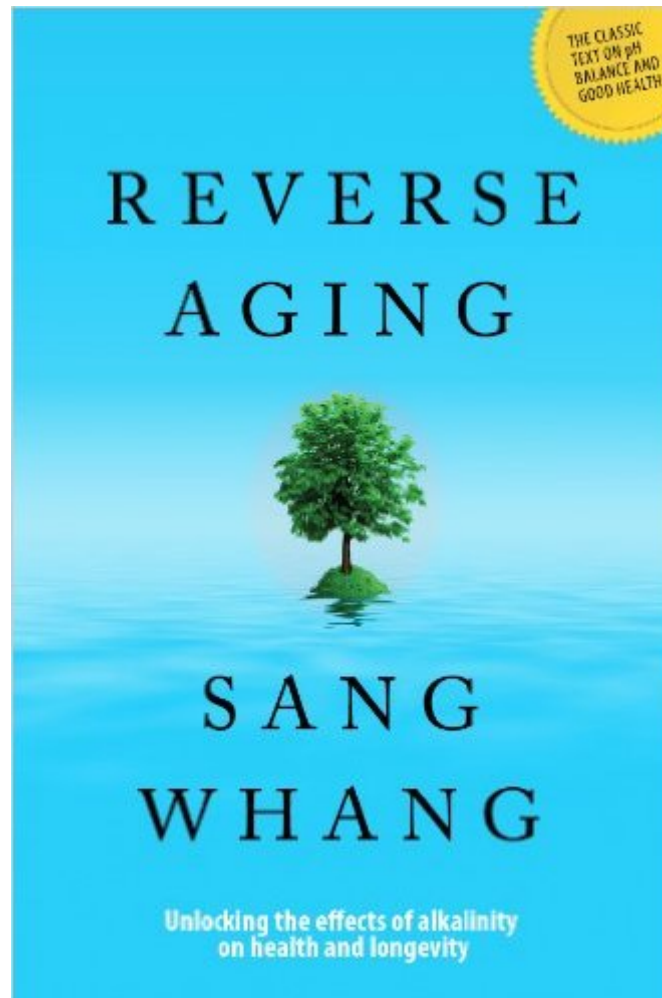


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# Reverse Aging



## Synopsis

Not science fiction, but a scientific fact! This book is the first common sense scientific explanation of the aging process and "how to" reverse it. The nutrients that we deliver to our cells burn with oxygen and become acidic wastes after giving energy to our body. The body tries its best to get rid of these acidic wastes through urine and perspiration. Unfortunately, our lifestyle, diet and environment prevent our body to get rid of all the wastes that it generates. Gradually, these leftover acidic wastes accumulate somewhere within our body. Since acid coagulates blood, the blood circulation near the waste areas becomes poor, causing all kinds of degenerative diseases to develop. The author defines the aging process as the accumulation of non-disposed acidic wastes within the body. According to this theory, the reduction of accumulated wastes is reverse aging. This book explains how some of the adult degenerative diseases are caused by too much acidic wastes, and describes the various scientific devices and methods to reduce these wastes without any harmful side effects. These devices and methods are being widely used in Japan. Alkaline water makers (water ionizers) have been in existence in Japan for more than 40 years. Many in the alternative health industry of water ionizers, magnet and far-infrared devices regard this book as the most comprehensive and up-to-date reference book of its kind in the English language. It is a "must read" for all who are health-conscious.

## Book Information

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## Customer Reviews

This was one of the first books I picked up after reading Dr. Young's "The pH Miracle", which had left me with more questions than answers. What I loved about this book was the way Mr. Whang

explains - in plain English anyone can understand - the chemical and physical science that makes alkaline diets work. If you're looking to understand the science behind alkaline diets, this book is a must-read. Mr. Whang doesn't approach alkaline balance like most other authors who just tell you to eat this and not eat that. In the first few chapters of the book, he gives the reader the essential understanding of how the human body works - from a chemical perspective. He doesn't make assumptions or rely on anecdotal data - he shows the reader how the laws of physics and chemistry affect the chemical reactions inside the human body. Armed with this information, he then tells the reader how the basic elements of foods (minerals, calcium, phosphorus, etc.) affect the pH of the body. This is the key understanding when it comes to figuring out which foods are acidifying and which ones are alkalizing. His approach is very straight forward, clear, and matter-of-fact. He then goes on to show how an acidic lifestyle and diet affects the body, how the body tries to maintain its chemical integrity, and what the resulting strain does, in terms of reactions, diseases, etc. Mr. Whang's description of diseases and how they come to be is also very interesting. He goes through a long list of diseases, gives specific reasons for each of them (from an alkaline diet point of view) and tells the reader how to reverse them.

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